



# Diabetes Prevention Program

**Kickoff Event**  
**June 15, 2017**

Do you worry about your **Weight**?  
Do you wish you had more **Energy**?  
Are you afraid you may get **Diabetes**?  
Do you want to enjoy **Life** more?

**Making a lifestyle change is hard...We can help**

**You may be at risk for type 2 diabetes and may be eligible for this program if you:**

- Have a family history of type 2 diabetes
- Not physically active
- Overweight
- Have history of gestational diabetes

**Free**

**Make a commitment  
to your health and  
sign up today!**

**For more information contact:**  
**Tammy Watson, R.N.**  
**Community Health Nurse**  
**(850) 892-8040 Ext. 6252**

